

SENIOR PEER COUNSELING



PLACER COUNTY
DEPARTMENT OF HEALTH
AND HUMAN SERVICES

To provide
preventative
education and
services to support
the wellness and
self-sufficiency of
the older adults of
Placer County.

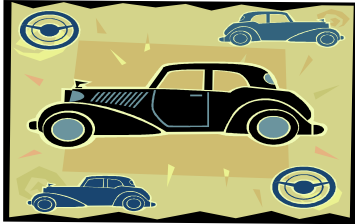
Placer County Senior Peer Counseling
11512 B Ave
Auburn, CA 95603
530-889-7240

PLACER COUNTY SENIOR PEER COUNSELING

Senior Peer Counseling Program



SENIOR PEER COUNSELING



WHAT IS SENIOR PEER COUNSELING?

As we age, life transitions can sometimes be painful. The loss of a lifetime companion, medical illness, physical disability, retirement, or relocation can be upsetting. Sometimes it is helpful to talk with someone near your own age. A peer, who can help you address these transitional concerns in a safe, **CONFIDENTIAL** environment.

Senior Peer Counselor volunteers provide in-home counseling for residents of Placer County aged 55 and older.

The content of the counseling is confidential and Senior Peer Counseling is a **FREE** service.

WHO ARE SENIOR PEER COUNSELORS?

- Senior Peer Counselors are older adults who are carefully selected, professionally trained and certified to provide volunteer supportive counseling to other seniors with aging concerns.
- Senior Peer Counselors receive 30 hours of training, weekly supervision by mental health professionals, and regular ongoing training.
- Senior Peer Counselors will listen, support, and gently coach you to reach your own solution.

People look to their peer counselors for help with challenges such as:

- Family conflicts
- Loss of independence
- Access to community resources
- Caregiver stress
- Loss of driver's license
- Depression and anxiety
- Loneliness
- Substance Abuse

HOW CAN I MAKE A REFERRAL FOR A SENIOR PEER COUNSELOR?

You can make a referral for Senior Peer Counseling by Contacting:

**Senior Peer Counseling
Coordinator**

530-886-3413

Auburn Adult System of Care

530-889-7240

All referrals are confidential

All referrals are confidential and are subject to approval by the Senior Peer Counseling Coordinator and availability of a Senior Peer Counselor.